



Reduce your fall risk: Check your shoes!

Your footwear does more than provide you with a comfortable walk. Shoes can help you stay stable on your feet — or make it harder to remain balanced. Here are several tips to help you choose the best footwear for fall injury prevention.

- **Lightweight:** Choose a lightweight shoe. A heavy shoe can increase the likeliness of tripping.
- **Wide heel:** Choose a wide heel that is flat or low.
- **Sole:** The sole of your shoe should not be too thick. It should be flexible under the ball of the foot — where your toes attach to your foot.
- **Tread:** The tread, which provides traction on the sole of your shoe, should be visible and not worn or smooth. It should be made of rubber or another nonslip material.
- **Heel counter:** A heel counter is a small piece of plastic or cardboard positioned inside the back of the shoe where your heel bone rests. It should be firm and sturdy to hold your heel in place.
- **Supportive arch:** Consider adding an orthotic or insoles for more support
- **Toe box:** The area where your toes rest in the shoe is called the toe box. You should be able to curl your toes and move them a little.
- **Laces or Velcro®:** Be sure to lace your shoes firmly or tighten the Velcro closure to hold your foot securely in place.

To learn more about fall prevention, visit froedtert.com/trauma.

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